



GF&RD

the Gilbert Fire and Rescue Department

VOLUNTEERS

Volume 7, Issue 3

March 2014

Kim's Corner

By Kim Yonda
Gilbert Fire and Rescue Department

“Teamwork Makes the Dream Work” could have been the theme for this year’s Volunteer Dinner and Awards Ceremony. This is because the Awards Ceremony spoke about the professionalism of our Volunteers, and their partnership with the department.



While the ceremony focused on our AMAZING Volunteers and the program’s accomplishments this past year; I wanted to take a moment now to recognize an individual who is a part of the team, and works a lot behind the scenes. She contributes greatly to the success of our program, and she is Administrative Support, Tonya Holmes. For many years now Tonya has shared her time with the Volunteer Program, supporting us in a variety of ways. And did you know she proposed the idea of the Estimation Jars for the Awards Ceremony? For the past 3 years Tonya has made sure the activity was a success and enjoyed by many! Often I get asked “How do you do it all?” For me the answer is simple. I enjoy what I do and I couldn’t do it without team members like Tonya, and all of you, our fabulous Volunteers!



Stress

By Pastor Rick Oller
Chaplain B-shift GFRD

One of the realities of life is S-T-R-E-S-S. It comes in all shapes and sizes. Stress shows no partiality, it touches everyone. A positive type of stress called "eustress" motivates people to work for survival. Eustress releases neurological chemicals that produce adrenaline, and is exhibited by the behavior of fight or flight when faced with life's daily challenges.

Another type of stress that people encounter is "distress" that is excessive, debilitating, and not oriented toward survival. Distress is characterized by cumulative stress and Critical Incident stress. Cumulative stress is unresolved stress that piles up everyday from stressors such as anger, being late to work, interruptions, arguments with family members, deadlines, etc. Over time the cumulative stress may result in burn-out. In many careers burn-out occurs within 12 to 15 years. However, burn out for first responders may occur within 5 to 7 years. The behavioral patterns of cumulative stress are destructive and may result in changes that decrease personal health, work performance, and fractured relationships.

A Critical Incident is any event that generates intense emotional energy that overwhelms an individual, and impairs work, or personal activities because personal safety and security have been lost. Critical Incidents can come from tragedies, divorce, deaths, threatening situations, or the loss of job, home, health, etc. Such events impact life so forcefully that symptoms affect every aspect of life. They could be for physical, a change in blood pressure, for mental, confusion, for emotional, anxiety, for behavioral, being unable to sleep, and for spiritual, anger toward God. (Each area may have other symptoms as well.) The symptoms leave individuals asking themselves, "Am I losing my mind?" "Am I going crazy?" "Why do things seem out of control?" These are all symptoms of Critical Incident Stress.

Critical Incident Stress is a normal reaction to an abnormal event. The symptoms that impact the physical, mental, emotional, behavioral and spiritual areas of life are normal and can be managed by physical exercise, which relieves tension, proper rest, which helps strengthen the body and mind, proper diet, which includes high carbs, low fats and sugar. Normal activities as well as a daily schedule should be resumed quickly. Open discussion and talk with others, including spouse and family, is important.

What is your stress level? Each person handles stress differently. Stress cannot be avoided, but stress does not have to be destructive. A website you may find useful to help deal with your stress is www.criticalincidentstress.com, click on the tabs: What is your stress index? Stress proofing your life, Symptoms, After an Incident.

GF&RD **VIP** Volunteers

By David Papp
GFRD Volunteer



“My wife would say my best talent is the ability to build and fix almost anything,” Ira Goode said. A former Fire Department Lieutenant/Paramedic for North Maine Fire Department in Des Plaines, Illinois, (1975 – 2000) Ira moved to Arizona three years ago. Shortly after his move, he joined Gilbert Fire and Rescue as a Volunteer. Actually, Ira has a long resume of Volunteerism which includes the following: Skokie Civil Defense Rescue Squad, Skokie, IL (1970-1977); Village Theater of Palatine, Palatine, IL (1994-2002); Music On Stage, Palatine, IL (1994-2002); Patio Playhouse, Escondido, CA (2002-2010); Valley Center Community Theater, Valley Center, CA (2005-2010); Valley Center CERT (2005-2010); Valley Center History Museum (2003-2010); and now with Gilbert Fire and Rescue. Ira states that his greatest achievement, however, is “Being married to my wife Carrie for over 36 years.” When asked why he chose to Volunteer for Gilbert Fire and Rescue he said, “I am like an old fire horse that keeps running back to the barn. I get great satisfaction in being able to make someone’s life better. I enjoy giving back to the communities I have lived in.” We are glad you are with us, Ira. Thanks for all you do.

Larry MacDonald is a retired Project Manager for Hewlett-Packard. “As a project manager for HP, I managed the project for a large cell phone carrier that installed the enhanced 911 system,” Larry stated as one of his greatest achievements. Larry has four children and six grandchildren. He grew up in Vancouver, British Columbia, and has lived in Arizona for the past 18 years. For the past four years Larry has been part of the Gilbert Fire and Rescue family as part of the Community Assistance Program, Child Abduction Response Team, and as a Car Seat technician. When asked what advice he would give to a high school graduate, his character and values really shined. His response was so very well put, it deserves to be quoted: “The most important things you need to be a success is your attitude and your integrity. A positive attitude attracts positive people into your life. Your integrity is your most valuable asset; no one can give that to you, or take it away from you. You earn it one day at a time by doing the right thing even when no one is looking. With these two assets you can achieve any goal you set for yourself.” Thanks for all you do, Larry.

Program Support Desk

By Johnna Switzer
GFRD Volunteer

Have A Heart

It's Valentine's Day today, and I am writing this article. It is also National Heart Month. And, as one of a number of Volunteer CCC-CPR instructors, I had the opportunity to work with seventy five 5th & 6th graders at Ashland Ranch Elementary school this past week. What a great experience for all of us! Obviously you can see why my thoughts are on the heart. So, I thought I would give you ten facts you probably did not know about your heart. Enjoy the facts, and once you have read about the amazing heart, I hope you will consider taking a CCC-CPR class or CPR class if you have not already done so.

1. Every day, your heart creates enough energy to drive a truck for 20 miles. In a lifetime, that is equivalent to driving to the moon and back.
2. Your heart can keep beating even if it is separated from the body because it has its own electrical impulse.
3. 75 trillion cells receive blood from the heart. Only the corneas of the eyes receive no blood supply.
4. Your heart will pump nearly 1.5 million barrels of blood during your lifetime, enough to fill 200 train tank cars. That is approximately 2,000 gallons of blood through 60,000 miles of blood vessels each day.
5. A kitchen faucet would need to be turned on all the way for at least 45 years in order to equal the amount of blood pumped by the heart in an average lifetime.
6. Instead of chest pains, heart attacks in women have nausea, indigestion, and shoulder aches as symptoms.
7. The average adult heart beats 72 times per minute, 100,000 times per day, 3,600,000 times per year, and 2.5 billion times during a lifetime.
8. Researchers have found that owning a cat can reduce the risk of heart attacks and strokes by more than a third.
9. Your heart changes and mimics the music you listen to.
10. Five (5) percent of blood supplies the heart, 15-20% goes to the brain and central nervous system, and 22% goes to the kidneys.





As everybody knows, “App” is short for application, and apps are software programs written for our tablets, phones and computers. They can be found by going to an already installed program on your device. This is called by different names according to which device you have. On Microsoft it is called the “Windows Store,” on Apple it is the “App Store,” and it is called “Google Play” on android. VOLUNTEERS will continue to publish useful apps in every issue. The apps “My TSA” and “GateGuru” for example, provide estimated airport screening wait times.

A Little Laugh

Grandma was having trouble understanding how her new iPhone worked. When she received a text she said, “Hurry up, give me a pencil, I want to write this down!”

You’ve Been Spotted

Thank you for doing something great!

Dianna Erickson
Tim Held



Roman Kucinski
Josh Veak

You are appreciated!



Interested in Weather?

Become a National Weather Service Storm Spotter!

A free training class will be held in Gilbert on Thursday April 10th that will teach people how to properly identify and report significant weather phenomena and contribute to public safety. Even with sophisticated technology like radar and satellites, we still need ground truth information from trained weather spotters throughout the year. You will learn about how thunderstorms work, how to identify cloud features associated with microbursts and tornadoes, visually estimate wind speeds, and how your reports tie in to warnings and advisories issued by the National Weather Service (NWS). In addition, you will learn about all of the services available from the NWS. See below for details on time, location, and pre-registration.

Adult volunteers are community minded individuals, who understand that they play an essential role in providing storm information to the National Weather Service. Anyone can be a spotter and we encourage those that like to pay attention to the weather to become involved.

In Arizona, the NWS Phoenix Office forecasts for Maricopa, La Paz, Yuma, southern Gila, and northwest Pinal counties. In southeast California, we forecast for Imperial and Eastern Riverside counties.

Time: April 10th 7 pm – 9 pm

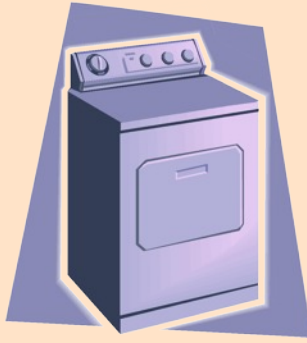
Location: Gilbert Fire Dept. Administration
85 E. Civic Center Dr.
Gilbert, AZ 85296

Pre-registration: Contact Kim Yonda-Lead
480-503-6357
Kim.Yonda-Lead@gilbertaz.gov

Immediately following the presentation, completion certificates will be issued and program participation will be confirmed. If you have any questions, please contact Ken Waters or Austin Jamison at the NWS Phoenix Forecast Office – (602) 275-0073 (option 5) or visit weather.gov/phoenix and click on the link for "Skywarn" found in the Weather Safety section.

Home Safety Tip

By Diane M. Nielsen
GFRD Volunteer



A Clothes Dryer is a standard appliance found in almost every home. We put in wet clothes, and they come out nice and dry. This is accomplished by applying heat to take the moisture out of the clothes. Your dryer is vented to the outside either through the attic or through a side wall. Many times this venting goes a long way, and has several bends in it.

This appliance is used weekly, if not daily, and is also the source of a significant amount of home fires. A study released by the U.S. Fire Administration (USFA) estimated that 2,900 clothes dryer fires occur each year, and these result in loss of life, injuries, and property loss. Be aware that the lint screen in your dryer only collects 10% of the lint from the clothing; the rest of the lint goes up the vent and while still damp can collect on the walls of your venting system. It is recommended to have the dryer vent cleaned every 2 to 3 years.

Dryer safety Tips

Consumer Reports suggest the following:

- Use metal dryer ducts because they don't sag or provide ridges that can sag and let lint build up at low points.
- Clean the connection between the dryer and the house regularly.
- Have the entire system checked and cleaned on a periodic basis. (Authors note: we recently had our twelve year old house checked and found almost a five gallon bucket worth of lint built up in the vent!)
- Take special care drying clothes stained with volatile chemicals.
- Avoid using liquid fabric softener on all cotton clothing made of fleece, terry cloth, or velour.
- Buy dryers that use moisture sensors rather than ordinary thermostats to end the auto-dry cycle.

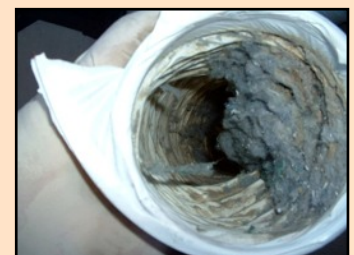
Additional thoughts:

- Clean the lint trap after each use.
- Move the dryer and vacuum the lint that has collected behind and underneath the dryer.
- Never use the dryer when you are asleep or away from home.
- Read the manufacturer's warnings for use and care of new dryers.

Warning Signs

A few of the signs that your dryer vent may need cleaning:

- Clothes are taking longer than normal to dry.
- Clothes are hotter than normal after the drying cycle.
- Lint accumulates behind the dryer.
- Dryer shuts off before the end of the cycle.



COMING UP

MARCH

1 Volunteer Awards Ceremony	5:30 - 7:30 PM	Station 1	GFRD Volunteers
8 Occupant Service Sector	11:00 AM - 12:00 PM	Room 6	COM 251 only
8 Crisis Intervention	1:00 - 2:00 PM	Room 6	COM 251 only
8 Documentation	2:00 - 5:00 PM	Room 6	COM 251 only
10 CPR/AED	6:00 - 8:30 PM	Room 6	CERT/FC
11 Bloodborne Pathogens	6:00 - 10:00 PM	Room 1	Δ
15 Program Overview	9:00 - 10:00 AM	Room 6	COM 251 only
15 COM 251 SOPs	10:00 - 11:00 AM	Room 6	COM 251 only
19 First Aid	6:00 - 9:00 PM	Room 6	CERT/FC
20 CCC CPR	9:00 - 10:30 AM	Room 6	Δ
22 Activation Q and A	9:00 - 11:30 AM	Amphitheater	CERT/FC
22 Custome Service	9:00 AM - 11:30 PM	Room 6	COM 251 only
TBD Cultural Diversity	TBD		CERT/FC

APRIL

1 CCC CPR	6:00 - 7:30 PM	Room 6	Δ
7 Citizen Corps Operations Meeting	6:00 - 8:00 PM	Room 2	Δ
10 Storm Spotters	7:00 - 9:00 PM	Amphitheater	Δ
14 COM 251 Quarterly Meeting	6:00 - 8:30 PM	Room 6	COM 251 only
16 CCC CPR	9:00 - 10:30 AM	Room 6	Δ

Δ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov